REFERENCES

Bhattacharyya, N. N. (1999). *History of the Tantric Religion*. Second Revised Edition. Manohar New Delhi.

Bogdanis, G. C (2007). Effects of two different short-term training programs on the physical and technical abilities of adolescent basketball players, *Journal of Science and Medicine in Sport*; 10(2): Pp 79-88.

Coelho, E. (2010). Growth, maturation, functional capacities and sport-specific skills in 12-13 year-old- basketball players, *The Journal of Sports Medicine and Physical Fitness*; 50(2): Pp 174-81.

Dougherty, K. A. (2006). Two percent dehydration impairs and six percent carbohydrate drink improves boys basketball skills, *Medicine and Science in Sports and Exercise*; 38(9): Pp 1650-8.

Erculj, F. and Supej, M. (2009) Impact of fatigue on the position of the release arm and shoulder girdle over a longer shooting distance for an elite basketball player, *Journal of Strength and Conditioning Research*; 23(3): Pp 1029-36.

Feuerstein, Georg (1998), Tantra: The Path of Ecstacy. Boston: *Shambhala Publications*, P 61.

Hoffman, J. R. Stavsky H, and Falk B, (1995), The effect of water restriction on anaerobic power and vertical jumping height in basketball players, *International Journal of Sports Medicine*; 16(4): Pp 214-8.

Iyengar, B. K. Sundara Raja (1985). *The Light on Pranayama: The Yogic Art of Breathing*.

Karalejic, M. (2011) Anthropometric characteristics and technical skills of 12 and 14 year old basketball players, *The Journal of Sports Medicine and Physical Fitness*; 51(1): Pp 103-10.

Kladopoulos, C. N. and McComas, J. J. (2001), The effects of form training on foul-shooting performance in members of a women's college basketball team. *Journal of Applied Behaviour Analysis*; 34(3): Pp 329-32.

Lamirand, M. and Rainey, D. (1994), Mental imagery, relaxation, and accuracy of basketball foul shooting, *Perceptual and Motor Skills*; 78(3.2): Pp 1229-30.

Mah, C. D. (2011), The effects of sleep extension on the athletic performance of collegiate basketball players, *Sleep* 1; 34(7): Pp 943-50.

Miller, S. Bartlett, R. M. (1993), The effects of increased shooting distance in the basketball jump shot, *Journal of Sports Science*; 11(4): Pp 285-93.

Price, J. (2009), Free-throw shooting during dual-task performance: implications for attentional demand and performance, *Research Quarterly for Exercise and Sport* 80(4): Pp718-26.

Reimer, Anthony (2005), FIBA Vs North American Rules Comparison, *FIBA Assist* (14): Pp 40–44.

Shoenfelt E. L. (2002), Comparison of constant and variable practice conditions on free-throw shooting, *Perceptual and Motor Skills*; 94(3.2): Pp 1113-23.

Southard, D. and Miracle, A. (1993) Rhythmicity, ritual, and motor performance: a study of free throw shooting in basketball. Research Quarterly of Exercise and Sport; 64(3): Pp 284-90.

Southard, D. Miracle, A. and Landwer, G. (1989) Ritual and free-throw shooting in basketball, *Journal of Sports Sciences*; 7(2):163-73.

Struckhoff, Mary, (2009). *NFHS Basketball Rules*. Indianapolis, Indiana: National Federation of High School p. 59.

Vickers, J. N. (1996), Visual control when aiming at a far target" Journal of Experimental Psychology, *Human Perception and Performance*; 22 (2): Pp 342-54.

Wilson, M. R. Vine, S. J. & Wood, G.(2009) The influence of anxiety on visual attentional control in basketball free throw shooting, *Journal of Sport and Exercise Psychology*; 31(2): Pp 152-68.

Woolstenhulme, M. T. (2004) Vertical jump, anaerobic power and shooting accuracy are not altered 6 hours after strength training in collegiate women basketball players, *Journal of Strength and Conditioning Research*; 18(3): Pp422-5.

Woolstenhulme, M. T. (2006) Ballistic stretching increases flexibility and acute vertical jump height when combined with basketball activity, *Journal of Strength and Conditioning Research*; 20(4): Pp 799-803.